

Walking Directions

<p>Walking Directions</p> <p>Start at the 10 ft mark on the measuring tape, facing away from the beginning of the tape. Stand still for 6 seconds. When the timekeeper calls the 6th second, walk very slowly at a constant rate along the tape in the same direction until time runs out.</p>	<p>Walking Directions</p> <p>Start at the beginning of the measuring tape. Begin walking very slowly, gradually increasing your speed along the way. Continue walking for the entire 20 seconds.</p>
<p>Walking Directions</p> <p>Start at the 10 ft. mark on the measuring tape, facing away from the beginning of the tape. Walk forward slowly at a constant rate. When the timekeeper calls the 8th second, stand still. When you hear 12, walk slowly in the same direction until time runs out.</p>	<p>Walking Directions</p> <p>Start at the far end of the measuring tape. Walk quickly towards the beginning of the tape. Keep your speed as constant as possible. When the timekeeper says 10, stand still. When the timekeeper says 14, walk very slowly toward the beginning of the tape.</p>
<p>Walking Directions</p> <p>Start at the 10 ft mark on the measuring tape, facing away from the beginning of the tape. Stand still for 6 seconds. When the timekeeper calls the 6th second, walk at a quick rate along the tape in the same direction until time runs out.</p>	<p>Walking Directions</p> <p>Start at the beginning of the measuring tape. Walk quickly for 10 seconds, keeping your speed as constant as possible. When the timekeeper calls the 10th second, walk back towards the starting point at a slow, steady pace until time runs out.</p>

<p style="text-align: center;">Walking Directions</p> <p>Start at the beginning of the measuring tape. Walk quickly for 10 seconds, keeping your speed as constant as possible. When the timekeeper calls the 10th second, walk at a slow, steady pace until time runs out.</p>	<p style="text-align: center;">Walking Directions</p> <p>Start at the far end of the measuring tape. Walk slowly toward the beginning of the tape. Keep your speed as constant as possible. When the timekeeper says 10, stand still. When the timekeeper says 14, turn around and walk back at a slow steady pace.</p>
<p style="text-align: center;">Walking Directions</p> <p>Start at the beginning of the measuring tape. Walk forward slowly at a constant rate. When the timekeeper calls the 10th second, stand still. When you hear 16, walk at a faster rate until time runs out.</p>	<p style="text-align: center;">Walking Directions</p> <p>Start at the beginning of the measuring tape. Walk slowly for 10 seconds, keeping your speed as constant as possible. When the timekeeper calls the 10th second, walk at a quick, steady pace until time runs out.</p>